

Homelessness & Health Care
Minnesota Coalition for the Homeless Annual Conference
Oct 1-2, 2012 -- Duluth, MN

Preliminary Workshops – Complete list available at www.mnhomelesscoalition.org after Aug 1st

Monday, Oct 1 (9a-10a) Workshops

Health Care Needs and Respite Care– Alicia Hauff (NDSU)

What are the health care needs of people experiencing chronic homelessness? This informational session presents findings from a formal health needs assessment of the Fargo-Moorhead homeless population. The specific evaluation of the need for a medical respite care program is addressed. 1. Understand and describe the effects of homelessness on health based on literature and local findings. 2. Understand and describe the concept of homeless medical respite care and its utility in homeless health care. 3. Understand and describe the implications of needs assessment findings for Fargo-Moorhead homeless population members and community at large. Learn how the F-M findings can be extrapolated to your community and how you could do a similar assessment.

Student-Organized Street Outreach – Catherine Glatz & Jenna Cook (UMN)

ISTOP (Interprofessional Street Outreach Project) is a group based out of the University of Minnesota Allied Health Colleges. Students are sent out to homeless shelters, soup kitchens, and food shelves to deliver basic health care, offer referrals, and provide health and nutrition education. Join us to learn our methods, gain information about our partners, how we maintain sustainability, and how you might develop a similar program.

Community Living Supports Program Overview - Jane Lawrenz (MN-DHS)

Community Living Supports oversees General Assistance, MSA, SSI Advocacy, Long Term Homeless Supportive Services grants. This session will give a broad overview of each program. Attendees will gain an understanding of the different programs including eligibility that are part of the safety net for people who are homeless or at risk of homelessness.

My Deficits Became My Motivation To Change – Mary Whitney (Women Planting Seeds)

This session takes you through the journey of an abuse victim who took her deficits and turned them into assets and marketable skills. Ms. Whitney has worked within many supportive housing programs delivering self-esteem/healthy relationships workshops. They will be able to serve their program participants better. Those who attend this workshop will leave with hands on skills that can be implemented immediately. Workshop attendees will understand the dynamics that go into keeping people trapped in abusive situations.

Laugh Out Loud-NO JOKE – Denise Mallory-Ellis (SMRLS)

What is Compassion Fatigue? Compassion Fatigue Resiliency Strategies for Crisis Services Providers Laughter Yoga Introduction/participation session. Recognize symptoms of (CP) and strategies to avoid syndrome. Gain all physical and mental health benefits proven as a result of Laughter Yoga Share practice with populations in crisis.

Mental Health Needs of Youth in School – Chris Ochocki (Headway Emotional Health Services)

Understanding mental health concerns of students and its impact on their overall success in schools, particular attention paid for youth in precariously-housed situations and their specific mental health needs and strategies to support them. Understanding mental health disorders like anxiety, depression, trauma, adjustments and their impact on youth in schools. Find ways to engage youth in positive relationships to address psychosocial and emotional concerns within a school-based setting. Discuss how school-based model of delivery may be most effective when working with precariously-housed youth. Identify different strategies to engage youth in helping relationships using harm-reduction, stage of change, CBT and other models.

Monday, Oct 1 (10:15a-12:15) Institutes

Reintegration of Mentally Ill Offenders: What do we do with them? – Jolene Rebertus, MA, LPC, NCC (MN-DOC)

The MN Department of Corrections offers a variety of reintegration services to special population offenders. Releasing from prison can be a difficult, critical time in an offender's life. Release planning services are offered to SPMI, Chemically Dependent, TBI, Medically Fragile and Sex Offenders. This workshop will address the significant progress MN has made with reentry practices; as well as challenges offenders continue to encounter. 1. Provide introductory information on the MN Department of Corrections and Mental Health Services. 2. Discuss and dissect reentry services, through lecture and interactive exercise, currently offered to special populations within the MN Department of Corrections. 3. Explore current gaps in reentry, and deliberate on what "seamless" reintegration services would look like.

Psychology of Long-Term Homeless - Steve Carlson (Spectrum Homeless Project)

Homelessness & Health Care
Minnesota Coalition for the Homeless Annual Conference
Oct 1-2, 2012 -- Duluth, MN

Preliminary Workshops – Complete list available at www.mnhomelesscoalition.org after Aug 1st

Participants will increase their understanding about why some of our clients refuse housing opportunities, preferring to live outside or in shelters. Participants will learn practical skills for engagement and strategies to assist in moving from homelessness to permanent housing. Research informs us that twenty-percent of the homeless consume eighty-percent of the available resources. Among these are the long-term homeless; men and women who are by far the most resistant to our efforts to house them. This interactive workshop will offer a look at who the long-term homeless are, why they are so challenging, and practical strategies for successful housing. Especially useful for shelter providers, outreach workers, and supportive housing specialists.

Taking Care of Yourself in a Stressful Work Environment – Sandy Griffin (Managing Life Ltd)

When attendees walk away from this session each person will have tools to balance life - ways to choose a good attitude daily, secrets of living in each moment, living a life in perpetual gratitude, ways to celebrate each day and make them extra-ordinary, and the importance of humor and how to laugh at life's mishaps. Each attendee will learn easy-to-do changes that will teach how to look at - and deal - with life, and that affects EVERY part of their life. This will build up self-esteem, get you excited to get up every morning and do it all over again, and give yourself permission to take time to take care of yourself.

GRH - How It Can Work for Your Client –Kristine Davis (MN – DHS)

Overview of two community living support programs offered through the MN Department of Human Services. Group Residential Housing (GRH) and Minnesota Supplemental Aid (MSA) Shelter Needy - how these supports could increase housing opportunities for people in your community. Participants will learn how GRH and MSA Shelter Needy can provide housing for people who are experiencing homeless.

Monday, Oct 1 (3:45-4:45) Workshops

Medicaid Reform - What's happening in Minnesota –Jane Lawrenz (MN-DHS)

With passage of the Affordable Care Act on the federal level and the expansion of Medicaid at the state level how and when Medicaid is used is changing. This workshop will share the result of planning efforts in Minnesota. Learn what is being proposed for Medicaid in Minnesota in the upcoming legislative session and how this could impact housing providers and people who are experiencing homelessness.

The Face of Homelessness: Health Care Challenges – Joyce Bredesen (Metro State)

This presentation addresses health disparities as it relates to homeless families in St. Paul. The participants were given cameras and instructed to take photographs of things that affect their health. The self-health care experience of the homeless participants elicited through the photovoice methodology was then compared with health care interventions identified in the national Guideline "Adapting your practice: general recommendations for the care of homeless patients" published in 2010. The overall aim of this project is to improve methods for delivery of care and services to meet the needs that are identified by the families experiencing homelessness within the community.

Medical Outreach to Urban American Indian Homeless –Kenneth McMillan, MD (KOLA)

KOLA has been providing medical outreach to the Urban American Indian Homeless Community for past 12 years. The lessons learned provide a factual look at how providing services to the population can have positive outcomes. Outcomes include a reduction in emergency room services, increased access to permanent medical care, treatment or counseling services and permanent supportive housing. Understand that providing preventative care to the homeless population is a cost saving measure as well as a life saving measure.

Tuesday, Oct 2 (9a-10a) Workshops

Point in Time Counts-Sheltered & Unsheltered – Beth Holger-Ambrose (MN – DHS)

This session will provide participants with a history and overview of both the sheltered and unsheltered Point in Time Counts in Minnesota. This session will also help participants to understand why we do these counts, what benefits our state gets from doing these counts and how to participate and do an accurate sheltered and unsheltered count of people experiencing homelessness. 1. The history and reasons for the Point in Time Counts. 2. How agencies and communities can support their Point in Time Counts. 3. Examples of effective methods for conducting the sheltered and unsheltered Point in Time counts.

Homelessness & Health Care
Minnesota Coalition for the Homeless Annual Conference
Oct 1-2, 2012 -- Duluth, MN

Preliminary Workshops – Complete list available at www.mnhomelesscoalition.org after Aug 1st

Serving People with Serious Mental Illnesses Who Are Leaving Prison – Anna McLafferty, MPP (NAMI – MN)

Learn about evidence-based approaches to serving people who live with serious mental and are leaving jail. This session will present lessons learned from Northern Pines Mental Health Center's work to provide services, including supportive housing and supported employment, for people returning to the community from correctional facilities. (1) Learn evidence-based ways to work with people involved in the criminal justice system (2) Gain knowledge of supportive housing and supported employment (3) Gain practical suggestions for how to work effectively with people with complex needs.

Improving Health and Well-Being with a Shelter Based Faith Community (Parish) Nurse – Lois Ustanko (Sanford Health)

This workshop will describe a sustainable parish nurse-shelter partnership for health care. Parish Nurses in a shelter setting empower the homeless to make informed health care decisions for themselves and their children. Nurses help those who reside in the shelter to obtain health insurance, find primary care providers, keep children current with immunizations, and manage chronic health conditions through planned care. Workshop participants will discuss possibilities for creating such collaboration in their own communities and ways to develop such a partnership. (1) Learn about the Faith Community (Parish) Nursing Model for addressing health concerns for those who are homeless. (2) Understand the mutual benefits of a collaborative partnership. (3) Learn the process for developing a sustainable parish nurse-shelter collaborative partnership for the provision of shelter based health care.

Tuesday, Oct 1 (10:15a-12:15) Institutes

What's New with HUD's Homeless Programs- Hearth Act Updates, New Opportunities and New Definitions – Tom Koon/Michele Smith (HUD)

Discussion on the application of HUD's new definition of homeless by grant program including Emergency Solution Grants, Supportive Housing Programs funding transitional housing and permanent housing, and Shelter plus Care. HUD staff will present updated information on the Hearth Act and the potential impact on existing programs, Continuum of Care groups, and opportunities for new projects. Participants would understand which definitions would apply to HUD funded grants and which programs may be available to households that are experiencing homelessness. This session will update those funded under a McKinney Vento grant on new requirements and new opportunities. It will help those interested in pursuing HUD funding for the homeless understand how HUD funds may be used.

Real Health Care Reform - The Problems and Solutions Beyond the ACA – Erin Anderson (Health Care for All – MN)

Power Point presentation and discussion on the Lewin Study. Looking at the cost benefit analysis of a unified health care system. Analysis of today's health care mess and how we can fix it. Discussion on the current health care crisis and how it affects the homeless population as well as the grassroots movement pushing for a single payer system. • Attendees will understand the cost and benefits of a unified health care system • Be given the tools to effectively advocate for true health care reform that would greatly benefit the homeless population. They will receive materials, data and context to become effective advocates.

Homelessness Prevention – Ji-Young Choi (MN Housing)

FHPAP (Family Homelessness Prevention and Assistance Program) workgroup that is composed of 11 FHPAP coordinators representing metro and greater MN areas is working diligently to develop targeting strategies and outcome/measurement tools on FHPAP. We would like to share what this group has developed and identified as effective strategies along with future FHPAP program strategies. Also, this workshop will provide the workgroup and FHPAP staff an opportunity to get input and feedback from service providers for future ideas. 1) Share how to target prevention efforts/resources 2) Share how to set up prevention outcome and how to measure it 3) Collect feedback and suggestions from service providers 4) Achieve mutual understanding on prevention strategies and practices

"Garments for One Another" Video and Discussion on Ending Domestic Violence in Muslim Families – Linda Riddle (Domestic Abuse Intervention Programs)

This workshop will include video from "Garments for One Another": understanding domestic violence and what we can do. Participants will also learn what Islam says about Domestic Violence; key phrases from the Qur'an responding to violence against women. Basic sexual abuse prevention

**Homelessness & Health Care
Minnesota Coalition for the Homeless Annual Conference
Oct 1-2, 2012 -- Duluth, MN**

Preliminary Workshops – Complete list available at www.mnhomelesscoalition.org after Aug 1st

and intervention information helpful to Muslim families will also be covered. Linda is not Muslim but will be presenting materials developed by Muslim advocates.

Tuesday, Oct 1 (1:30-2:30) Workshops

The Offender and Barriers – Dana Race (SOAR)

This presentation, would discuss the many barriers offenders face as they transition to the community of Duluth. I would also point out they are one of the most underserved members of our population. Evidence based practices as they relate to offenders successfully transition from being an offender to being a productive member of society would be presented. Provide housing opportunities; Provide employment opportunities; Have a greater understanding about what can assist an offender succeed.

Duluth Veterans Place Model –Steve Saari (MACV)

Discussion of the Duluth Veterans Place model which includes Transitional and Permanent Housing with Supportive Services all at one site in West Duluth. How we partner with the VA Health Care system and other area Veteran service providers. By connecting Veterans to benefits they have earned, they can get off of General assistance and Public Health Care like Medicaid/MN Care/GAMC, etc.

Our Girls are not for Sale –Kim Crawford (Life House)

Life House, a youth drop-in center, and PAVSA, a sexual assault program, both interact daily with victims of trafficking through crisis services, including therapy. At Life House, many youth are experiencing homelessness, are victims of abuse, and represent a minority population – all factors which make youth more vulnerable to trafficking. Based on research, the most effective way to intervene in trafficking cases is to have adequate shelter with supportive, comprehensive services. In Duluth, there is an overwhelming need for safe housing for young trafficking victims. Today, Life House and PAVSA are developing a strategic community plan to provide shelter and support services for young victims of trafficking. Join them in this very important discussion.

Using Action Research to Sustain Renter Education – Lori Henderson (UMN Extension, Grand Rapids)

The project will be conducted with several community partners representative of agencies throughout the state which have and will continue to use the RentWise curriculum. These agencies will benefit by being mentored by extension educators, learning about the program and being able to share important information regarding the curriculum and trainings in order to create a better product for other community partners in Minnesota. Educators will share the process in which the agencies were involved to begin using tools and gaining confidence to sustain the program in their communities.